

Scituate

SENIOR CENTER

Commitment  Connection  Community

SENIOR HAPPY'NINGS | MARCH & APRIL 2023

CONTACT US

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Scituate, MA 02066

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www.scituatema.gov
council-on-aging

HOURS OF OPERATION

Monday - Thursday
8:30 am - 4:30 pm

Friday 8:30 am - 3 pm

OUR MISSION

To identify the unique needs and interests of our senior community and implement programs and services that will enhance quality of life, foster independence, and ensure the physical and emotional well-being of a growing and active older population.



Ruby throated hummingbird on a zinnia

Photo by Jerry Klimek

To some, sighting a hummingbird signals that **challenging times are over and healing can begin**. To others, these tiny fliers are an inspiring sign of hope and good luck. Hummingbirds also can have a spiritual significance and mean the spirit of a loved one is near.

AD SPACE

ABOUT US

DIRECTOR’S NOTE

“Where flowers bloom, so does hope.” –
Lady Bird Johnson

As I contemplate topics that would be of value to you to discuss here, I have much on my mind—

Understanding the challenges of caring for a loved one with a terminal illness—my own father’s cancer diagnosis with limited treatment options, and the imminent grief that must get set aside when a loved one is ill;

Looking for ways that the Senior Center can be more than an information and referral resource for the many caregiving challenges families face, such as our timely Social Day Program offering some respite for caregivers along with a caring and stimulating environment for those navigating the challenges of declining cognitive health;

Surveying our passionate patrons after our first 15 months of operation in the “new” Senior Center to evaluate our performance and progress and to see where we could improve our offerings to all;

Documenting how we are hopefully meeting the particular standards set by the National Institute of Senior Centers as we prepare to apply for the distinguished status of Nationally Accredited Senior Center in June. This is a comprehensive process that assesses how we as a Senior Center are meeting these nine standards—we may ask for your help!

So back to the flowers ... As I write this on Valentine’s Day, our wonderful driver, Joe, found the time to deliver a long-stemmed rose to each of the Administrative staff (and we know he didn’t forget his wife), and having also been moved by reading of the inspirational use of flower power in Italy with their campaign using the primrose, the first flower of spring, as they and the world emerged from the Covid-19 quarantine and placed their hope in flower-designed pavilions throughout the country for administering vaccines.

Flowers are a pick-me-up, a *heartfelt* gesture of condolence or friendship, and a celebration of many things for us. It also turns out they have health benefits that improve our well-being in many ways. There are proven mental and emotional benefits that go beyond the pick-me-up—they help our brain by reducing feelings of depression and anxiety and foster relaxation and a happier mood; and studies have shown that flowers and other plants can help with focus and memory recall. Flowers are used in medicinal ways to help us feel better physically—honeysuckle, roses, and magnolias are thought to help with cold symptoms, and chamomile and lavender are used in teas to promote calmness. And we have all brought or sent flowers to someone in the hospital—well, they not only lift our mood but have also been responsible for patients needing less pain medications; and, because they are constantly refreshing the air, they help us inhale cleaner air and breathe better. To me, that is a lot of hope, so, “buy the flowers” and be reminded of the good in the world and so much more. Love, Linda

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OUR STAFF

Director

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Food Service Manager

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Food Service Assistant

Cam Reardon

Van Drivers

Joe Swindler, Juan Marcellana, Betty Durkin, Debby Young, Jim Keeley

COUNCIL ON AGING BOARD

John D. Miller, Chair
Susan Kelly, Vice Chair

Laurie Brady

Pat Carleton

Deirdra Dwyer

Marie Fricker

Leslie James

Janice Lindblom

Susan Pope

SELECTMAN LIAISON

Karen Canfield

COA Board meetings are monthly on the 2nd Thursday at 5:30 pm at the Senior Center.

LEARNING & PRESENTATIONS

HISTORY SERIES WITH BOB JACKMAN

Patrons can sign up for morning or afternoon sections, but not both. The morning section will be from 10 -11:30am. The afternoon section will be from 1—2:30pm. Cost \$25. Limit 28 students .

COURSE I

SCITUATE HISTORY 1895-1905, March 1, 8, 15, 22, 29, April 5. This class will delve into lives, events, businesses and government of the Scituate community in an era when the traditional farming and fishing industries were somewhat supplanted by a building boom of summer homes which generated construction, maintenance, and landscaping jobs for locals. The course will draw heavily on period writings which will be presented in a coherent, structured manner.

COURSE II

SHIPS THAT CARRIED IRISH FAMINE EMIGRANTS

April 19, 26, May 3, 10, 17, and 24.

This class will delve into the voyages of specific vessels engaged to transport Irish fleeing the famine ravished nation to settle in New England. Vessels mentioned will range from stout ships with proper accommodations, to ships long past their prime and not designed for passenger transport. For each ship discussed, we will also overview passenger experiences, and lives of some passengers after they arrived in New England.

MEN'S BREAKFAST—Ladies invited. First Tuesday of every month @ 9am. / Cost: \$5

MAR 7—Joby Norton, local business owner of Mullaney's seafood and all around nice guy, chef and advocate for the fishing industry, Joby's successful business is a fixture in the communities of Scituate and Cohasset.

APR 4—Joe Codeiro returns to share his knowledge and passion of Fly Fishing as we prepare for the next fishing season. Come learn how to tie some basic flies and about fishing in general around the South Shore and Cape Cod.

Please register to reserve your seat.

PROTECT MEMORY & COGNITIVE FUNCTION AS WE AGE

Dr. Peipei Wishnow, Tues, Mar 28 @ 1pm

Dr. Wishnow, the Founder, Chief Scientist, & President of Inter-ceuticals, will be sharing her personal story about how hard it is when a loved one has age-related memory loss, why she is so passionate about protecting brain health and memory, and what she has discovered that gives her hope. *Please register to*

COFFEE & COMMUNITY RESOURCES

Please register to attend these sessions.

EXPERT PANEL—*SHOULD I STAY OR SHOULD I GO?*

TUES MAR 7 @ 1:30-2:30PM

What to Do With All My Stuff & the Importance of Estate Planning. Come learn from a professional panel which will include:

- *Certified Reverse Mortgage Professional, David Tourtillott (reverse mortgages and how they work)
- *Elder Law Attorney Paula Schlosser (estate planning, avoid probate, preserve assets)
- *Senior Real Estate Specialist, Karen Powers (right-sizing into a new home)
- *Decluttering Specialist, Joy Murphy (What to do with all my stuff?)

For more information about the panelists and presentations please stop by the Front Desk to pick up a flyer.

PASTRIES W/ RICHARDSON-GAFFEY FUNERAL HOME MAR 9 & APR. 13 @ 10:30AM

Meet w/ representatives who can guide you to prepare for inevitable transitions. Casual questions are great!

TLC PRIVATE HOME CARE

THURS MAR 23 @ 10:00AM

Learn about our in-home services to keep you and your loved ones safe and comfortable. Our CNAs and RNs are equipped to offer personalized care to meet the clinical and individualized needs.

CHAT W/ REAL ESTATE REPS, KAREN & CHERYL

THURS MAR 30 @ 10:00AM

Get practical and friendly advice and answers for all your real estate questions.

AT HOME HEARING HEALTHCARE & CLINIC SCREENINGS THURS, APR 6 @ 10:00AM—12:00PM

Join us for information and screening sessions for hearing aids and more. This is a complimentary service.

Please register to attend these sessions.

SPECIAL EVENTS

TUES, APRIL 25 @ 1:00PM - MATT YORK - HISTORY OF COUNTRY MUSIC

Longtime New England musician/author **Matt York** will perform songs and tell stories about the origins of country music—Hank Williams, Jimmy Rodgers, Merle Haggard, George Jones and more. York will talk about some of the important moments in country music's history and perform some of the genre's iconic songs. York was recently nominated for the Boston Music Award for Best Country Artist and his album *Gently Used* was named as one of the Patriot Ledger's 2022 Albums of the Year. **Please register to attend.**



POETRY "SLAM" - CELEBRATE NATIONAL POETRY MONTH

THUR, APR 6 @ 1:30PM

Join us for a variety of poetry readings with Christine Zaremba—come with a favorite poem you'd like to read; an original poem you'd like to share, or just to listen—all are welcome. **Signups for reading will begin at 1:00PM.**

Please register to attend.

AGING SUCCESSFULLY

THURS, Apr 20 @ 10:30PM



In this workshop we will explore how we can live our best lives as we age. We will focus on topics and practical strategies to help with physical activity, strong relationships, stress management, mind challenges and more! The focus will be on the satisfaction and happiness of incorporating these changes.

Facilitator: Anita Ahearne, a local licensed psychotherapist shares practical strategies to reduce stress and get the most out of life.

Please register to attend.

AD SPACE

KEEPIN' IT MOVING—EXERCISE FOR ALL

AM YOGA OPTIONS YOGA W/ANNE

Mon 8:30—Floor
Mon 9:45—Chair



GENTLE YOGA W/ELIZABETH

Wed & Fri 8:30—Floor
Wed & Fri at 9:45—Chair
Floor Yoga \$10 / Chair \$5

PM YOGA W/ RENA

Mon 3:30-4:30PM / Cost \$5

Gentle afternoon flow yoga is designed to help you unwind & relax at the end of the day. We will focus on poses designed to release tension & stress while also challenging your balance. For all levels. **Pre-register.**

LET'S LINE DANCE!

TUESDAYS / Cost \$5

Beginner @ 10:15-11AM

Intermediate @ 11:15-12PM

Have fun while you exercise and be a hit at your next wedding! **Pre-register**

TAP YOUR HEART OUT/COST \$6

BEGINNER TAP

Thurs @ 3-4PM



Join this fun tap class for beginners wanting to learn the basics of tap and have some fun dancing. The class will consist of warmups; review of dance steps and progressive routines. Tap shoes recommended. Please register.

INTERMEDIATE TAP

Thurs @ 4-5PM

For more experienced dancers familiar with time steps and riffs.

ZUMBA GOLD WITH JUSTINE



Mon & Wed @ 2-3PM/Cost \$5

A great dance opportunity w/ lively music & extra toning included. Lots of fun! Pre-register.

BEGINNER TAI CHI & QI GONG Thurs @ 1-2PM / Cost \$4

Elizabeth Durant, long-time student of Tai Chi. This class will introduce the basics of Tai Chi movement, increasing strength, flexibility & range of motion, and promoting better balance & mindful aware-ness. Please pre-register.

JOYFUL MOVEMENT W/ RENA

Weds & Thurs

12:15 - 1:15 pm /Cost \$5

A lively and fun music inspired class, modified for people who would like to do moderate in-chair movement as well as others who would like to dance to music. Participants are encouraged to work at their own pace.

Please register to attend.

STRETCHING FOR EVERY-BODY W/ SUE RIBIERO

THURS @ 9AM / Cost \$5

Please bring a mat and register to attend!

Every-body will benefit from this gentle floor stretching class! It will help improve your strength, flexibility and balance. It will benefit anyone who sits too much as well as those who do or do not regularly exercise, and those who enjoy being active with walking, yard work, or gardening. By boosting your flexibility with regular stretching, you will keep muscles limber, strong, and healthy which will help you maintain a range of motion in your joints.



BALANCE FOR LIFE

Mon & Thurs @ 11-12PM / Cost \$5

This popular class with Sue incorporates stretching, movement, strengthening, cool music & of course Sue, herself! Please pre-register up to a week in advance to ensure your spot.

INDOOR PICKLEBALL

Wed @ 5-7PM - Jenkins Gym;

Fri @ 11 -1PM—Veterans Gym

Free, volunteer-led program. Players help to set up nets & break down at end. Play is rotated as courts are filled. Pre-registration is helpful. Balls provided. New players are encouraged to participate in a clinic before joining (see below). Call if a new player planning to participate.

CLINICS

Intro to Pickleball for new players @1-2PM

Mar – 3 & 10; \$25 per week / \$50 total

Apr – 14 & 21; \$25 per week / \$50 total

Skills & Drills for beginning/intermediate players wanting to refine play and learn strategy @ 1-2:30PM

March 31; \$35 one week only

LIFT YOUR SPIRITS STRENGTH CLASS W/SUE

Mon @ 12:30PM; Wed & Fri 11-12PM
Cost \$5

Strength training opportunity using hand weights. Lift your spirits & increase your muscle strength—good for your bones, body and mind! Pre-register to ensure your spot. Please register.

WELLNESS

REFLEXOLOGY w/ Anne Brennan, LMT & Reflexologist—Focusing on specific areas of the feet, Anne will guide you through a 30-minute session that will relax and relieve tension. **Appts from 9:00-2:00; \$30 for 30 minutes on 3/2, 3/8, 3/16, 4/6, 4/12, 4/13**

INDIAN HEAD MASSAGE w/ Anne Brennan, LMT & Reflexologist—A simple, safe & effective massage applied to the shoulder, neck, arms & head that provides de-stressing for the whole body. **Appts on Weds 3/8 and 4/12 from 9:00-2:00 ; \$30/30 minutes.**

REIKI w/ Elizabeth Rogers— Last Thursday of the month, 3/30 and 4/27, 10:00—3:00 /\$75 per hour .

Call 781-545-8722 to book all appointments. Thank you!

MANICURES & PEDICURES BY JODDIE

MARCH 14, APRIL 11 9—4PM

Manicure (includes polish) - \$18 (30 mins.)

Spa Manicure - \$21 (30 mins.)

Simple Manicure (no polish, shape, clean, buff and hand massage) -\$11 (30 mins.)

Mini-pedicure - \$16 (30 mins.)

Full Pedicure - \$28 (60mins.)

Spots fill up fast! Call the Front Desk, 781-545-8722 to book your appointment w/ Joddie!

WHAT'S ON YOUR PLATE?

Smart Food Choices for Healthy Aging
w/Barbara Leary



Mon, Mar 20 @ 10-11AM / Cost \$5

This program is based on nutritional recommendations for older adults in the 2010 Dietary Guidelines for Americans on information from the National Institute for Health. It's not too late for smart food choices and staying physically active to reduce your risk for chronic diseases like diabetes, heart disease and osteoporosis. **Please register to attend.**

MARCH 2023 CALENDAR

MON	TUES	WED 1	THUR 2	FRI 3
<p>BINGO (after lunch) w/ John Ross Mar 7 & Apr 4 @ 1:00PM Join us for laughs, games and prizes!</p> <p>SING-O! (Music Bingo) w/ DJ Ed Kelley Mar 14 & Apr 11 @ 1:00PM Join us for tunes, prizes and fun!</p> <p>Please register to play!</p> <p>March 16 for St. Patrick's Day Lunch enjoy Matt Browne singing & playing 'for the Irish'</p>		8:30 Floor Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman classes 10:30 Nurse /BP 11:00 Lift Your Spirits 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w /Rena 5:00 Pickleball / 7:00 Badminton	9:00 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Hearing Healthcare 10:30 Grief Support Group 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 1:30 Top Tax Tips Presentation 3/4:00 Tap & Intermediate Tap	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball (Vet Gym) 12:30 Friday Flix
MON 6	TUES 7	WED 8	THUR 9	FRI 10
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Storytelling 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 1:00 Watercolor 2:00 Zumba Gold 3:30 Yoga w/ Rena	9:00 Men's Breakfast 9:45 Beginner Spanish 10:15 Line Dance I 10:30 Men's Book Club 11:00 Spanish Class 11:15 Line Dance II 1:00 Bingo 1:30 Panel: Should I Stay or Should I Go? 3:15 Tech Time	8:30 Floor Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman classes 11:00 Art for Your Mind 11:00 Lift Your Spirits 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Pickleball / 7:00 Badminton	9:00 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:30 Richardson Gaffey 10:30 Craft: Candle Making 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 2:45 No Rules Book Club 3:00 Tap Class/4:00 Int. Tap	8:30 Floor Yoga 9:30 iPad/iphone -: ID & iCloud 9:45 Chair Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball (Vet Gym) 12:30 Friday Flix
MON 13	TUES 14	WED 15	THUR 16	FRI 17
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 What's On Your Plate? 11:00 Balance 11:00 Storytelling 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 1:00 Watercolor 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Alz Support Group	9:45 Beginner Spanish Class 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 1:00 S-INGO w/Ed Kelley 3:15 Tech Time 5:00 Real Estate Tax Exemption Workshop	8:30 Floor Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman classes 10:30 Nurse /BP 11:00 Lift Your Spirits 12:00 Caregiver Support Group 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Pickleball / 7:00 Badminton	9:00 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:30 Grief Support Group 10:30 Pat O'Connor / Lou Rizzo 11:00 Balance 12:00 Matt Browne Music for St. Patrick's Day 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 3:00 Tap Class/4:00 Int. Tap	8:30 Floor Yoga 9:30 Pool Tournament 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball (Vet Gym) 12:30 Friday Flix 4:00 Alz Support Grp
MON 20	TUES 21	WED 22	THUR 23	FRI 24
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 What's On Your Plate? 11:00 Balance 11:00 Storytelling 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 1:00 Watercolor 2:00 Zumba Gold 3:30 Yoga w/ Rena	9:45 Beginner Spanish 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 1:00 Parkinson's Support Group 2:15 Parkinson's Presentation w/ Brett Miller 3:15 Tech Time	8:30 Floor Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman classes 11:00 Lift Your Spirits 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Pickleball / 7:00 Badminton	9:00 Stretch 9:15 Beg. Mah Jong 9:30 iPad/iPhone: iPhotos 10:00 Mah Jong 10:00 TLC Private Home Care 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 3:00 Tap Class/4:00 Int. Tap	8:30 Floor Yoga 9:30 Shuffleboard Tournament 9:30 iPad/iPhone 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball (Vet Gym) 12:30 Friday Flix 1:00 Trail Walking
MON 27	TUES 28	WED 29	THURS 30	FRI 31
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Storytelling 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 1:00 Watercolor 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Alz Support Grp	9:45 Beginner Spanish 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 1:00 Protect Memory As You Age 3:15 Tech Time	8:30 Floor Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman classes 11:00 Lift Your Spirits 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Pickleball / 7:00 Badminton	9:00 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Chat w/ Real Estate Reps 11:00 Balance 12:15 Joyful Movement 1:00 Candle Making 1:00 Knitting 1:00 Tai Chi 3:00 Tap Class/4:00 Int. Tap	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball (Vet Gym) 12:30 Friday Flix 1:00 Trail Walking

APRIL 2023 CALENDAR

MON 3	TUES 4	WED 5	THUR 6	FRI 7
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Storytelling 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 1:00 Watercolor 2:00 Zumba Gold 3:30 Yoga w/ Rena	9:00 Men's Breakfast 9:45 Beginner Spanish Class 10:15 Line Dance I 10:30 Men's Book Club 11:00 Spanish Class 11:15 Line Dance II 1:00 BINGO 3:15 Tech Time	8:30 Floor Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman classes 10:30 Nurse /BP 11:00 Lift Your Spirits 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Pickleball/ 7:00 Badminton	9:00 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Hearing Healthcare 10:30 Grief Support Group 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 1:30 Top Tax Tips 1:30 Poetry Slam 2:45 No Rules Book Club 3:00 Tap Class/ 4:00 Int. Tap	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball (Vet Gym) 12:30 Friday Flix 1:00 Trail Walking
MON 10	TUES 11	WED 12	THUR 13	FRI 14
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 What's On Your Plate? 11:00 Balance 11:00 Storytelling 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 1:00 Watercolor 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Alz Support Grp	9:45 Beginner Spanish Class 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 1:00 SINGO w/ Ed Kelley 3:15 Tech Time	8:30 Floor Yoga 9:45 Chair Yoga 11:00 Art For Your Mind 11:00 Lift Your Spirits 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Pickleball / 7:00 Badminton	9:00 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:30 Richardson Gaffey 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 3:00 Tap Class/4:00 Int. Tap	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball (Vet Gym) 12:30 Friday Flix 1:00 Trail Walking
MON 17	TUES 18	WED 19	THUR 20	FRI 21
	9:45 Beginner Spanish Class 10:00 Road to Reinvention 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 1:00 Parkinson Support Group 3:15 Tech Time	8:30 Floor Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman 10:30 Nurse /BP 11:00 Lift Your Spirits 12:00 Caregiver Support Group 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Pickleball/ 7:00 Badminton	9:00 Stretch 9:15 Beg. Mah Jong 9:30 Ipad/Iphone: Refresher 10:00 Mah Jong 10:30 Grief Support Group 10:30 Aging Successfully 10:30 Pat O'Connor / Lou Rizzo 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 3:00 Tap Class/4:00 Int. Tap	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball (Vet Gym) 12:30 Friday Flix 1:00 Trail Walking
MON 24	TUES 25	WED 26	THUR 27	FRI 28
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Storytelling 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 1:00 Watercolor 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Alz Support Grp	9:45 Beginner Spanish Class 10:00 Road to Reinvention 10:15 Line Dance I 11:00 Spanish Class 11:15 Line Dance II 11:00 History of Country Music w/ Matt York 3:15 Tech Time	8:30 Floor Yoga 9:45 Chair Yoga 10:00/1:00 Bob Jackman 11:00 Lift Your Spirits 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 3:30 Yoga w/ Rena 5:00 Pickleball/ 7:00 Badminton	9:00 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:00 Tai Chi 2:00 Spring Planting 3:00 Tap Class/ 4:00 Int. Tap	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 11:00 Lift Your Spirits 11:00 Pickleball (Vet Gym) 12:30 Friday Flix 1:00 Trail Walking

AD SPACE

PROGRAMS, CLASSES & ACTIVITIES

RECREATION & LEISURE

- Knitting—Thurs @ 1:00
- Mah Jong—Thurs
 - Beginners @ 9:15
 - Regular @ 10:00
- Hand & Foot Cards—
Mon @ 1:00—4:00
Fri @ 10:00 am—1:00-3:00
- Scrabble—Wed @ 1:00

"NO RULES" BOOK GROUP W/ DR. NANCY HARRIS COST: \$5.

Mar 9 @ 2:45PM- "The Magnolia Palace" by Fiona Davis

Apr 6 @ 2:45PM—Title to be announced at the March meeting.



ART CLASSES & GROUPS

Watercolor w/ Judy Rossman
Mon, April 3 – May 15 @ 1:00-3:00PM / 6 weeks / Cost: \$65

We offer this class to all levels. The emphasis is on painting from observation, working from still life or photos. Please register and stop by the Front Desk to pick up a supply list.

SOCIAL PAINTING —

Weds @ 1-3 PM—Register to attend

If you like to paint, share and talk, this informal group setting is for you! Bring your own supplies and painting projects; some materials will be available.

HOLA! SPANISH CLASS—TUESDAYS

BEGINNER SPANISH CLASS- 9:45AM

Are you interested in learning a new language? Instructor Catherine Speigel will introduce you to the basics of the language and have you interact with classmates.

CONVERSATIONAL SPANISH 11-12PM

Instructions is taught at an intermediate level. \$5/class Please register.

MEN'S BOOK CLUB TUESDAY @ 10:30AM

Mar 7—"All Creatures Great & Small" by James Herriot

April 4—Title to be announced at March meeting



ART FOR YOUR MIND

Weds @ 11:00 - 12:00 PM

Mar 8—J.M.W. Turner, the Pride of Great Britain

Apr 12—Social Realism of America 1930's

Experience this enriching Art Appreciation presentation series with Jill Sanford. Seats are limited. Please pre-register. *Funded by Joanne Papandrea Memorial Donation* These presentations are always popular and space is limited. Please register to attend.

IDEAS FOR SPRING PLANTING

Thurs, Apr 27 @ 2:00PM / \$3 donation

(Egypt Rm; outside weather permitting)

Jon Belber from Holly Hill Farm will be here to talk about your spring gardening plans. Learn about organic practices, sustainable methods, good growing tips for your gardens. He will also do some planting and planning for the Senior Center gardens as well as providing seeds and seedlings for you to take home to grow and enjoy. Please register to attend.

BOCCE BALL

Group Play - Rotating games. Equipment provided. Tues & Wed @ 10:00AM* weather permitting Or call to reserve the Bocce set for a private game.

SHUFFLEBOARD & POOL TABLE

Reserve a spot at the Front Desk.

SHUFFLEBOARD TOURNAMENT

Mar 24th/ 9:30-1:30PM

Timeslots will be scheduled; space is limited. Organizer: Ann Mullen. No buy-in amount. Playing for a free lunch & bragging rights! Sign up with Front Desk or on a sign-up sheet in the Satuit Game room.

PING PONG

We have a great new table available for use in the Egypt Room on designated afternoons. You can reserve a spot at the Front Desk.

CRAFTY CORNER

March is National Craft Month! Candle Making Workshop with Kathy Behm
Tues Mar 9 @ 10:30-12:00PM / Free

Participants bring their own container and the rest is provided to make a small candle to bring home. Containers can be tea cups, small dish or flower pot (no holes), small juice glass or small jar, 8oz. or less.



BUS TRIPS ARE BACK for the 2023 SEASON!

Are you looking to explore the fun and festivities of New England and make friends along the way? We are planning the following day trips in collaboration with local COAs. Please inquire with Jessica, 781-545-8875 for trip, registration and payment details.

The Newport Flower Show- Fri, Jun 23rd, \$150 / Registration begins April 1

Isle of the Shoals Water Cruise—Tues, Jul 18th, \$149 / Registration begins May 1

Martha's Vineyard Day Trip—Aug—TBA— \$215 / Registration begins June 1

NH Foliage Splendor—Oct—TBA- \$129 / Registration begins Aug 1

Holiday Trip—TBA—late Nov or early Dec - stay tuned!

PROGRAMS, GROUPS, ACTIVITIES

FUN FRIDAY FLIX! - OSCAR WINNERS!

MOVIE STARTS AT 12:30

POPCORN PROVIDED



Mar 3- Elvis (2022)

Mar 10-Loving Vincent (2018)

Mar 17- The Quiet Man (1952)

Mar 24- All Quiet on the Western Front (1961)

Mar 31- Breakfast at Tiffany's (1961)

Apr 7- Glass Onion: Knives Out Mystery (2022)

Apr 14- Philomena (2013)

Apr 21- The Trial of the Chicago 7 (2020)

Apr 28- The Sting (1973)

STORY TELLING IN A NEW WAY

Mon at 11:00-12:00PM/ Harbor Room

Are you wanting to tell a story? You do not have to consider yourself a writer to join in the fun. This is not a place of critiquing. You have lived a life full of stories that often times we forget until prompted to think about a certain topic.

We choose one prompt each week and all write on the same topic. Part of the intrigue is the many different ways to write about the same subject. It is amazing how alike and different we are. What you end up with is a note-book full of stories that you might never have told. People write in rhyme, some make lists, we all tell something about our lives. It is rich and rewarding to have taken the time to think about things in this unique way. Join us! **Please register to attend.**

IPAD/IPHONE CLASSES W/ KATY MAYO

Join our instructional classes and hone your tech skills. Cost \$20 per class
Please register to attend.

March 10 @9:30-11AM- Apple ID & iCloud- If you are confused about what the Apple ID and iCloud are used for, this is the session for you. Learn how to make your devices synch (share) information.

**March 23 @ 9:30-11AM—PHOTOS!
(Rescheduled from 12/10)**

Learn tips and tricks to take, edit and organize your photos. You will also learn how to easily send your photos in text and email.

April 20 @ 9:30-11:00AM - Ipad/ Iphone Refresher—Learn the basic applications of each device and tips and tricks to use them most efficiently.

Please register to attend.

CAREGIVER SUPPORT GROUP

Mar 15 & Apr 19—Third Wednesday of each month at 12:00-1:30PM

Could you benefit from the support of others who understand the experience of being a caregiver for a loved one?

We encourage you to join our monthly Caregiver Support Group led by longtime group facilitator, Licensed Social Worker and educator, Suzanne Otte.

Please call the Senior Center for information or to be added to the e-mail list for notifications.

Please register to attend.

PARKINSON SUPPORT GROUP

3rd Tuesday of each month—3/21 & 4/18 @ 1:00PM

Participants have an opportunity to meet in person at the Senior Center with long-time group leader Leslie Vickers for information and discussion.

*SPECIAL PRESENTATION: HOW TO USE FITNESS TO POSITIVELY EFFECT PARKINSON'S DISEASE

TUES, MAR 21 @ 2:15PM

Brett Miller, owner of 110 Fitness, one of the world's largest wellness centers for Parkinson's Disease and author of *It's A Beautiful Day To Save Lives: A Medic's Journey to His Destiny*, will discuss techniques to address movement disorders and his own experiences. He is a licensed physical therapist, certified fitness instructor specializing in movement disorders, and research consultant. He will be available to sell/sign books. Sponsored by Scituate Rotary Club

**TECH TIME
@ THE SENIOR CENTER**

1 on 1 Tutorial Sessions
Tuesdays 3:15-4:30pm
20 mins per session
*You could have more time depending on availability.

NEW
Knowledgeable tech support from SHS High School Students.
Please register to attend.

PROGRAMS, GROUPS, ACTIVITIES

ROAD TO REINVENTION with Career/ Life Coach, Susan Drevitch Kelly—Cost \$15 for four weeks

Tues, 10:00-11:30aAM—APR 18, 25 and MAY 2, 9

Are you searching for new meaning and purpose in your life? Are you considering retiring but asking “What’s Next”? Are you already retired but not feeling fulfilled and seeking your “Second Act”? Learn how to integrate your skills and experiences with your passions and desire to “make a difference” to create a path to you reinvention. Space is limited. Please register to attend.

MYACTIVECENTER.COM

We are pleased to offer this convenient, online system to register for our classes! Simply login on to:

MYACTIVECENTER.COM

Locate “NEW USER” and use your personal key tag number located on the back of your scan card, including the ‘X’.

If you need a key tag or help setting up your account, please call us at 781-545-8722.

TOP TAX TIPS FOR 2023 THURS, MAR 2 @ 1:30PM—

Sheila May, owner of May Tax Services, Inc., will speak about tax updates for 2022.

Topics will include but are not limited to—Long Term Care deduction
Medical costs, Safeguarding your tax return information, Power of Attorney w/ the IRS and MA DOR, Communication w./ IRS and the GiftTax Exclusion. Please register.

REAL ESTATE TAX EXEMPTION WORKSHOP

Tues, Mar 14th @ 5pm w/ Town Assessor, Joe DiVito

Are you a homeowner in Scituate? Would you like to reduce your property taxes? The Town of Scituate invites you to a FREE workshop to learn tips to help you navigate your property taxes presented by Joe DiVito, Town Assessor. Please register to attend.

E-MAIL, & ON-LINE TOO!

You can receive an e-mail giving you immediate access to the newsletter online once it has been published, at ourseniorcenter.com site.

Once the newsletter is published online, we also immediately place it on our website page at scituatema.gov/council-on-aging/newsletters.

AARP TAX PREPARATION PROGRAM IS BACK!

To schedule appointments, call Jill (x8874). Appts. available for Tues & Thurs thru April 11.

You **MUST** pick up an Intake Packet and fill out completely before your appointment. Inside the packet is a list of items to bring to the appointment. Please review carefully. If documents are missing, you will be asked to reschedule. Please plan on spending 2.5-3 hours to complete the process.

You may call Maria from AARP at 781-352-0004 if you have any tax related questions or unusual situations (Crypto currency, rental property, self-employment income, etc.).

ON-LINE PAYMENTS

We are able to offer online payments for some of our classes and programs through the Town of Scituate website. | On your browser, go to:

- Scituatema.gov.
- Select Online Payments,
- Select Pay Bills Online,
- Select more from Town Clerk/Schools/COA,
- Select Town of Scituate Council on Aging,

If there is a cost associated with your program, you can also pay w/check made out to the Senior Center or cash.

SOCIAL DAY PROGRAM

This program is being offered one day per week to those individuals with a diagnosis of early-stage Alzheimer’s or dementia disorder. The day-long schedule provides a respite opportunity to caregivers and stimulation and socialization in a safe and supportive environment for attendees.

Prior screening is required. Space is limited to 8. Hours are 9:30 am - 2:30 pm on Mondays. Cost is \$40 per day including lunch, payable on a monthly basis. This is an ongoing arrangement, not a drop-in. For more information, call Linda at 781-545-8871. Jen Adams is our new Social Day Program Coordinator and will be available on Mondays as well.

ALZHEIMER’S SUPPORT GROUP—Monday, Mar 13, Mar 27, Apr 10, Apr 24 @ 5-6PM

Support group & resources for dementia caregivers—provided by the Alzheimer’s Association This is an opportunity to develop a support system, share challenges, solutions & resources.

Call 800-272-3900 to register.

OUTREACH, PROFESSIONAL & TRANSPORTATION SERVICES

SHINE

Serving the Health Information Needs of Everyone.

Our SHINE Counselors advise and assist with questions concerning health insurance and prescription coverage for 65 and over.

Appointments are 9am - 12pm.

Elaine Schembari: 2nd & 4th Mon

Sue Laspada —Appt. times vary

Please call 781-545-8722.

HOUSING AUTHORITY VISITS

Erin LaMonte, Outreach Coordinator, will be available at each of the housing sites to offer updates on benefits, answer questions, and provide information on activities over coffee & pastries. **10:00 - 11:30AM**

Find her in the Common room or call to let her know you are coming.

1st Wednesday - **Lincoln Park**

2nd Wednesday - **Wheeler Park**

3rd Wednesday - **Central Park**

FUEL ASSISTANCE

The Scituate Senior Center Outreach Coordinator can assist patrons with application to the Home Energy/Fuel Assistance Program administered by South Shore Community Action Council. Please call Erin with questions about eligibility, required documents, or the on-line application.

SNAP

Do you need assistance paying for food? SNAP may help! Apply for SNAP food stamps by calling the Senior Center at 781-545-8722. SNAP (or EBT) cards are debit cards with a PIN for use at most grocery stores.

SCITUATE FOOD PANTRY

Tues 10 AM– 12:15PM

Thurs 3:30– 5:15PM

The Food Pantry is located at 327 First Parish Road behind the Senior Center. Drive-up service from Cudworth Rd will continue. Register at 781-545-5827. Van NO CHARGE.

PROFESSIONAL VISITS

STATE SENATOR PATRICK O'CONNOR'S OFFICE

Senator Patrick O'Connor office hour with **Lou Rizzo—3rd Thurs @10:30-11:30 AM at the Senior Center** in the Café or private room as needed.

STATE REPRESENTATIVE PATRICK KEARNEY

Rep. Patrick Kearney office hours—**CALL TO REQUEST.**

ASK A LAWYER

For a legal question, you can schedule a complimentary 1/2 hr appt w/one of our volunteer attorneys on the **3rd Fri of the month @ Scituate Senior Center.** Please call Jill or the Front Desk.

FINANCIAL ADVICE

Consultation or questions with a financial consultant are available by appointment with Lori Shea at Edward Jones in Scituate. Calls can be made directly at 781-545-5246 or arrangements can be made through the Senior Center.

BP / HEALTH CLINIC

Town Nurse Eileen Scotti

1st & 3rd Wed 10:30-12:00pm

Check your Blood Pressure; Ask a Nurse; Schedule a B-12 shot (with prescription).

MASSHEALTH

MassHealth coverage redetermination will begin March 1: You must respond to stay covered. Ensure your mailing address, phone and email are up-to-date to receive renewal instructions from MassHealth (a blue envelope in the mail). Contact Outreach Coordinator, Erin LaMonte, 781-545-8873, with questions.

TRANSPORTATION

LOCAL RIDES

We provide rides to in-town medical and dental appointments, senior center activities or personal errands around town. *No prior notice necessary.*

Rides are on a first come first serve basis.

GROCERY SHOPPING

- **Every Wednesday**—Shaw's, Cohasset
- **1st & 3rd Thursday** of the month-Market Basket, Hanover

OUT OF TOWN MEDICAL RIDES

We arrange out-of-town medical rides to other locations on the South Shore, as well as Boston. PLEASE NOTE: We ask for **5 day advance notice** to book an out-of-town ride.

To schedule a ride, please call the Transportation Coordinator at 781-545-8722, press 3.

COST FOR RIDES

Local trips: \$1.75 / \$3.50 round-trip 10-ride pass: \$15;

Medical Out-of-Town: \$10 local round-trip; \$20 (Plymouth or Boston)

SENIOR CENTER LUNCH MENUS

Congregate Lunch is served Monday through Thursday at 12:00 pm / Cost for lunch is \$5

We request lunch reservations be made at least 2 days before and only up to two weeks in advance. Please limit your reservation to yourself and one other party. We also request you limit your consecutive dates for lunch each week so others may have a chance. If you have made a reservation and need to cancel, please notify us 1 day in advance so that another patron can be called. **We continue to have issue with Late Cancellations and No Shows for lunch signups.** Please be mindful of the dates for which you register or check with the Front Desk if you are unsure. If you are on the WAIT LIST, you will be called when there is an opening. Thank you and Bon Appetite!

MENU FOR MARCH

Wed 3/1	Cavatappi w/ sausage, capers, baby spinach & roasted potatoes
Thurs 3/2	Baked Haddock, Lyonnaise potatoes, fresh green beans
Mon 3/6	Baked stuffed chicken mashed potato, broccoli
Tues 3/7	Open faced hot pastrami w/ tomato, caramelized onion & swiss, poppy seed dressing, sweet potato fries
Wed 3/8	Chicken Broccoli Ziti alfredo
Thurs 3/9	Shrimp Casserole, noodles and peas
Mon 3/13	Roast pork, lyonnaise potatoes, Brussel sprouts
Tues 3/14	Ham, spinach & cheddar quiche, soup du jour
Wed 3/15	Stuffed Shells w/ marinara sauce & sausage
Thurs 3/16	Special St. Patrick's Day Luncheon— Corned beef & cabbage w/ potatoes & carrots—Enjoy special musical entertainment by Matt Browne
Mon 3/20	Oven fried chicken w/ sour cream gravy, baked potatoes, green beans
Tues 3/21	Chef salad w/ chicken salad, rolls
Wed 3/22	Lasagna w/ marinara sauce, garlic bread
Thurs 3/23	Risotto w/ ham, peas & mushrooms
Mon 3/27	Pot roast, roasted potatoes, carrots
Tues 3/28	Grilled ham & cheese sandwich, pea soup
Wed 3/29	Spaghetti w/ meatballs
Thurs 3/30	Shrimp Scampi, rice pilaf, fresh string beans
Tues 3/28	Shrimp scampi, rice pilaf, fresh string beans

MENU FOR APRIL

Mon 4/3	Shepard's pie, peas
Tues 4/4	Greek salad w/ Greek chicken thighs & spinach pie
Wed 4/5	Cavatappi w/ sausage, baby spinach & roasted butternut squash
Thurs 4/6	Baked haddock, broccoli, rice pilaf
Mon, 4/10	Chicken piccata, parsley red bliss potato, carrots
Tues 4/11	Seafood casserole, parsley red bliss potatoes, buttered peas
Wed 4/12	Mac' n cheese with ham & tomatoes, rolls & butter
Thurs 4/13	Pub steak w/ Bearnaise sauce, mashed potatoes, fresh broccoli
Mon 4/17	NO LUNCH—Holiday
Tues 4/18	Baked ham w/ pineapple sauce, sweet potato, corn
Wed 4/19	Chicken cacciatore w/ linguini, garlic bread
Thurs 4/20	Seafood casserole, noodles, carrots
Mon 4/24	Roast pork tenderloin dijonnaise, rice pilaf, asparagus
Tues 4/25	Pasta Primavera
Wed 4/26	Roast turkey w/ stuffing, mashed potatoes, butternut squash
Thurs 4/27	Baked haddock, roasted potatoes, peas

Supermarket/Bread donations and special visits:

- Mondays - Shaw's;
- Tuesdays - Panera, when available
- Thursdays - Coffee & Conversation w Community Resources (check p. 4 for schedule)

Lighthouse Café Policies

Daily Hours of operation 8:30-1:00 pm. Coffee & Tea are complimentary—*thanks to the Friends for funding our coffee!* Purchase of lunch items on Fridays **TO GO** when available begins at 10:30; items may not be reserved. Please limit to 1 pp.



& Council on Aging

333 FIRST PARISH RD
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SUPPORT

The cost of mailing this newsletter is supported by funds we receive from the Executive Office of Elder Affairs through the annual Formula Grant.

ADVERTISERS

Printing of this newsletter by LPI is made possible through local advertising. Anyone wishing to advertise, call LPI at: 800-477-4574 x6377.

FOSS—Tax-deductible donations may be made to the Friends of Scituate Seniors to support Senior Center programs & services at any time. The Friends provide funding for items not supported by the municipal budget or grants. Much of the Friends donation monies have been applied to purchases for the new Senior Center.

The Friends support our continued “free” coffee at the Café and for the lunch program. They also supply the Hershey’s kisses we are all so fond of in honor of Bette Johnson. They also purchased our new Ping Pong table and Corn Hole boards for your enjoyment.

FOSS ADDRESS for membership & donations:

P.O. Box 75, North Scituate, MA 02060

IN MEMORY OF / IN HONOR OF

I would like to mention our tremendous sadness at the passing of Dick Eckhouse, who has been a stalwart volunteer, stimulating discussion leader, and all-around great guy with a ready smile for us and his many friends both here and in his Meetinghouse Lane community—he will be greatly missed.

We are also saddened to learn of the loss of Conley Ford, a friend to us here who was a staunch supporter of veterans and advocated for other individuals dealing with Parkinson’s Disease.